

ATAXIA UK COVENTRY AND WARWICKSHIRE SUPPORT GROUP

NEWSLETTER | APRIL 2014 | ISSUE 14

One of our members, Matthew Law has written a book called "F.A To Do With Me". "Matthew Law has Friedreich's Ataxia. This has presented many challenges which he has met head on using the attitude: "If there's a problem, there must be a solution!" and it is in this way that he manages the problems that he faces daily. He has written this book, and it is a positive affirmation of this. He tells his story clearly and honestly in the hope that whoever reads it, whatever challenges they face, by using the same positive attitude, can find their way through with joy." I'm ploughing through my copy as I type - get yours from <http://amazon.co.uk>.



Our last meeting - Sunday 2nd March 2014



The following members came along: Kieran (FA) and his mum and dad; Catherine (CA) and her husband Paul; Neil (FA) and his PA Annette; Kate (CA); Sarah (CA); Matt (FA) and his PA Miriam; my aunty Monica and myself (FA).

Annette and Neil told us about an adapted apartment in Benidorm that they're staying in for a week in May. This apartment has in it all the equipment Neil needs including a hoist etc.

Neil and Annette learned about this apartment after seeing an advertisement in Able Magazine. I have also read this magazine for many years and find it very useful. Able Magazine is a disability lifestyle magazine - see <http://ablemagazine.co.uk> for more info.

Kate was pleased after, now she has begun to experience some very mild symptoms, she informed the DVLA of her diagnosis and they simply accepted her self-assessment that she was still able to drive without difficulty no questions asked. Matt, who has driven for over 20 years, said that his experience of the DVLA too; he said "they are very good: they seem to trust your own ability to assess yourself."

We spent £14 on room hire for our next meeting and £5 for stamps which leaves £43 in the pot.

Neil has started going to the same gym I go to and after a session a few weeks ago, we went into town for lunch and he told me that he's now a doctorate in Maths!!! I said that he doesn't big himself up enough - I know many members will be completely unaware of what he's achieved - and I encouraged him to write an article for the Ataxia UK magazine. Another member, Lorraine (CA), emailed me to say she has also written an article for the Ataxia UK magazine too about her travels on her own.

Aren't people who have ataxia amazing?

If for some reason Ataxia UK don't your articles please send them to me and I'll put them in the next newsletter. Another member wrote to me recently asking if he could also contribute to the next one. This would be so welcome!

We can learn so much from each other - that's what this group is all about...

OUR NEXT MEETING
Sunday 27th April 2014 at
2 - 4pm

Exhall Old School Community Centre, Exhall Green, Exhall CV7 9GL

Please bring £1 to meetings for refreshments.

Who I am and how to contact me: I am Katie Henderson (you can find out more about me at <http://ohbother.co.uk>) and I am the named contact for the group. You can contact me by e-mailing katie@ohbother.co.uk or phoning 07565 247 183. I am also on Facebook.

More about the group: The group is on Facebook - search for "Ataxia UK Coventry". For news on group events and to download previous newsletters etc visit <http://ataxiacoventry.co.uk/>.

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